

Keswick Club's 9<sup>th</sup> Annual  
In Loving Memory of Sally Carle

**5k Run For  
Hospice of the Piedmont**

*Celebrating their 30 year anniversary*  
All proceeds benefit Hospice of the Piedmont programs and services.

June 5th, 2010

If you have any questions or need more information please call:  
Colette or Ali at the Keswick Fitness Center (434)923-4319  
Ragged Mountain Running Shop (434)293-3367

Directions from 64  
Take the Shadwell exit # 124  
Turn onto 250 East  
Take 22 East at the Shadwell Store  
Go 1 1/2 miles to Route 744 on Right  
Come to stop sign, go straight through  
intersection  
Park at the Keswick Pavilion on the right

Make checks payable to Keswick Club and mail your entry fee to:  
Keswick Club, 701 Club Drive, Keswick, Virginia 22947  
Race day registration will be available starting at 6:30 am  
Race begins at 8:00 am Cost: \$20.00 pre- register \$25.00 race day

**Registration form**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number ( ) \_\_\_\_ - \_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Tee Shirt Size \_\_\_\_\_

**Waiver:** I understand that Keswick club will attempt to make all t-shirt accommodations, but that t-shirt size is not guaranteed. In consideration of the acceptance of this entry form to Keswick 5k, I waive all claims for myself, my heirs, executors and administrators against Keswick Estate, as well as the Keswick 5k sponsors and organizers concerning any liabilities arising out of participation in this race. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants and effect of weather. I understand that if the race is cancelled by circumstances beyond the control of the organizers, my entry fee will not be refunded.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Parent or legal guardian's signature (if participant is under 18 years of age)

Signature \_\_\_\_\_ Date \_\_\_\_\_